

## **Kids Riding Bikes**

### **Wear a Helmet**

- Wearing a helmet is the best thing you can do to be safe when you ride a bike.
- Bicycle helmets save lives. Most bike deaths come from head injury. Bike helmets can prevent head injury.
- In some states, the law says you have to wear a bike helmet to ride your bike.
- Bike helmets should fit like this:
  - sits evenly between ears
  - sits low on your forehead

### **See and Be Seen**

- Ride so cars can see you.
- Wear bright colors or clothes that reflect light at night so cars, buses, and trucks can see you.
- If you ride at night, get a headlight for the front of your bike and “reflectors” on the front and back of your bike.

### **Follow the Rules**

- Bikes have to follow the same traffic rules and signs as cars.
- You must ride in the same direction as the cars are going.
- Ride your bike single-file.
- Signal when you want to stop or turn.
- Look out for holes, wet leaves, or cracks in the street. They can make you crash your bike.
- Ride away from the curb in case a car pulls out or someone opens a car door suddenly.

*Provided by NHTSA*